

# Men Turn Tables, Make Dinner For Mothers at WSCS Gathering

By BETTY MITCHELL  
DA 64438

The fourth annual Mothers' and Daughters' Banquet held by the local WSCS in May each year was given at the Methodist Church on Newton St. last Saturday evening.

The Methodist Men's Organization prepared and served the luscious ham dinner. Those who are skeptical of the abilities of men in the kitchen would have been very surprised that evening when salad, baked ham, sweet potatoes, green beans, fruit cobbler, and coffee or milk were served.

Over 150 ladies and their daughters gathered around the tastefully decorated tables to enjoy the banquet and the entertainment of the occasion.

On the program for the evening were Mrs. Roy Cornell who acted as mistress of ceremonies, Miss Emily Dana who played dinner music, Mrs. Charles Beck who welcomed the guests, Miss Melba Allen and her talented accordion selections, "Toast to Mother," presented by Miss Sandra Anderson, "Toast to Daughter," given by Mrs. Stewart Rose, soprano solo selections by Mrs. James Gaz, tap specialty by Miss Lynn Trantham, and a rousing group of songs by a men's quartette of Irv Radtke, Loyce Reist, Bob Cramer and Frank Hunter.

Tom Kirk led the men in the kitchen as head "chef" and received a hand of appreciation with the rest of the hard working males.

Receiving special awards were Mrs. Bessie Dysart, oldest mother; Mrs. Jerry Anderson, youngest mother; Mrs. Eugene Anderson, mother of most daughters and Mrs. Rex Roberts, mother who traveled the most distance.

E. F. Schoonover, of Seneffield Dr., has received an appointment to the Torrance Planning Commission. Schoonover has long been active in this area, serving as civic chairman for the Pacific Hills Home Owners Assn., for three years, and at present as their president, also. He has also been active in the local PTA.

Mr. and Mrs. Robert L. Davis, of Dalemead St., had a house full of guests two weeks ago when they had company from Texas. Making the long journey were Davis' mother Mrs. Lois Davis; his brother, Roy Davis; sister, Mrs. Betty Skinner, and her children, and another sister, Mrs. Joseph Lisbon, and hubby. All the folks came from Kirbyville, Tex. While here, they visited with the family.

and white cake with "Happy Birthday" on it was served along with ice cream and punch. Candy cups and blowers, along with favors of watches for the girls and cars for the boys added to the enjoyment of the afternoon.

Guests included Johnny and Hilary Gall, Elaine and Nolie Kardon, Danny Pollock, Dennis Lightle, Linda McFarland, Billy Mitchell, Frankie DeCaro, and Jimmy's sister, Angeline.

Mr. and Mrs. Bruce Howey and children were visitors in our community last week and when they came up from San Diego where Bruce is stationed with the U. S. Navy.

The Pacific Hills Home Owners Assn. wishes to state that they are not sponsoring any petitions in this area at the present time. This is to clear up any misunderstanding which may have arisen concerning petitions now being circulated.

Mrs. Gene Gehres, of Ocean Ave., is recuperating nicely after a recent illness.

Misfortune overtook Mrs. R. L. Cumminford of Las Cadenas last week, when she fell and broke her leg while shopping.

Visiting from the northern part of the state last week was Mrs. Ellen Hill, formerly a resident here.

Little Jimmy Harner celebrated his fifth birthday in royal style last Saturday when he hosted a party at his home on Danaha St. The young guests gathered in the patio of the Harner home amid decorations of gay paper streamers and balloons.

Much laughter followed as played a variety of games, most of which dealt with peanuts, and it was a question of whether more peanuts were eaten or played with. A blue

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# That Tired Feeling May Be Due To Inadequate Breakfast Menu

ROY O. GILBERT, M.D.  
Los Angeles County Health Officer

The tired feeling that comes to so many people during the day may well be due to an inadequate morning meal, according to reports of nutritional studies. The usual snacking but temporarily dissipates this fatigue and, even when a good dinner is eaten, the individual may show a deficit

in essential food requirements at the end of the day. In spite of this, breakfast is the most neglected meal.

Although hunger may not be felt in the early morning hours the hidden hunger within the body makes itself evident by such signs as weariness, irritability, dullness, nervousness, headache, or inattention. Generally speaking, it seems that the lack of a good breakfast tends to make the individual less efficient in whatever task he has to do.

Observations of school children show that those who eat an adequate breakfast usually make better grades, have a brighter outlook, and apparently have more energy left for outside activities. Yet many school children, particularly teenagers, do not get a morning meal that is considered nutritionally good, and some children get none at all.

**Calories Needed**  
Breakfast should supply somewhere in the neighborhood of one quarter of the day's number of calories. The body's food needs are amply cared for

by a breakfast that consists of fruit or juice (citrus or tomato), whole grain cereal with milk, bread and butter, and a beverage. Bacon and eggs are among the foods that may be substituted for the cereal. Naturally a person doing hard physical labor should have more of these foods than a sedentary worker.

These breakfasts keep the blood sugar level (the body's source of energy) high enough to ward off the pre-lunch slump that is so common an experience, but a low blood sugar level often results in weakness, dizziness, or fatigue and encourages the habit of between-meal eating.

A good breakfast is also economical. The amount of money spent on a hasty pick-up breakfast of coffee and doughnuts and the like, supplemented by a midmorning snack, adds up to a greater cash outlay than the expenditure needed for a good breakfast prepared at home.

**Early Food Best**  
Weight-watchers would do well to remember that food eaten early in the day after an overnight fast is put right to work by the body. It is absorbed and digested during the most active daytime hours and is therefore less likely to be

stored as fat. A good breakfast should be leisurely eaten. It begins the day well and, comfortably bolstered with the proper food, the individual is better able to meet whatever the day might bring. "Eat a Good Breakfast to Start a Good Day," a pamphlet that discusses the importance of a good breakfast and contains sample menus, will be mailed to anyone who sends a card of request to the Los Angeles County Health Department, 241 North Figueroa St., Los Angeles 12.

## Torrance State Gas Tax Share Announced

Torrance will receive \$130,576.00 from state gasoline tax revenue for the fiscal year ending June 30, City Manager George Stevens learned this week.

The tax money apportioned to the state's 216 cities is from five-eighths of a cent per gallon out of state gasoline taxes paid by highway users and apportioned according to population.

State law requires cities to spend at least 60 per cent for construction of streets in the major street system. Up to 40 per cent may go for maintenance of city streets.

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LARGE FANCY HEAD LETTUCE	SOLID CRISP ea.	5 <sup>00</sup>
GOLDEN RIPE BANANAS	2 lbs.	25 <sup>00</sup>
U.S. NO. 1 NEW WHITE POTATOES	4 lbs.	19 <sup>00</sup>
LARGE FANCY ARIZONA GRAPEFRUIT	4 for	19 <sup>00</sup>

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MILD and MELLOW EIGHT O'CLOCK 1-lb. bag 79<sup>00</sup>

**Stock up for the Weekend Barbecue**

RED SEAL CHARCOAL	10-lb. bag	59 <sup>00</sup>	20-lb. bag	109 <sup>00</sup>		
KINGSFORDS BRIQUETS	5-lb. bag	65 <sup>00</sup>	10-lb. bag	109 <sup>00</sup>	20-lb. bag	189 <sup>00</sup>

**ROUND STEAK 59<sup>00</sup> lb.**

Round (Bone-In), Swiss or Ground Round Boneless Round Steak 69c lb.

**SPARE RIBS 39<sup>00</sup> lb.**

ARMOUR'S STAR EASTERN GRAIN-FED PORK SMALL MEATY RIBS Ideal for Bar-B-Que

**BIRDSEYE FROZEN PAN-READY CHICKENS 1<sup>19</sup> Ea.**

FRYING SIZE 1-lb. 12-oz.

**RUMP ROAST 59<sup>00</sup> lb.**

U.S.D.A. "CHOICE" BONE-IN

**RUMP ROAST 69<sup>00</sup> lb.**

U.S.D.A. "CHOICE" BONE-LESS

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LEAN WASTE FREE 3-lb. 5-lb. Average

**CORNED BEEF 59<sup>00</sup> lb.**

PATMAN'S BONELESS ROUND LEAN YASTY

**Sausage Meat 39<sup>00</sup> lb.**

PURE PORK SEASONED JUST RIGHT

**PORK STEAKS 49<sup>00</sup> lb.**

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**FISH STICKS 39<sup>00</sup> lb.**

BIRDSEYE 10-oz. PKG.

**Birdseye Frozen Food Values**

GREEN PEAS	10-oz. pkg.	2	35 <sup>00</sup>
CUT CORN	10-oz. pkg.	2	35 <sup>00</sup>
SPINACH	Leaf or Chopped 10-oz. pkg.	2	35 <sup>00</sup>
FRENCH FRIES	9-oz. pkg.	2	35 <sup>00</sup>
ORANGE JUICE	6-oz. pkg.	18	48 <sup>00</sup>
FROZEN PEACHES	12-oz. pkg.	25	25 <sup>00</sup>

**RIPE OLIVES 25<sup>00</sup>**

BELLS PITTED 7-oz. Jar

**APPLE JUICE 27<sup>00</sup>**

CHURCH'S 1-Pt. 8-oz. Bottle

**DOG FOOD\* 25<sup>00</sup>**

MARCO 3 1-lb. Cans

**SPRY SHORTENING 79<sup>00</sup>**

1-lb. Can 30<sup>00</sup> 3-lb. Can

**TOMATO JUICE 25<sup>00</sup>**

CAMPBELLS Qt. 14-oz. Can

**JEWEL OIL 55<sup>00</sup>**

SWIFT Pt. Bil. 29<sup>00</sup> Qt. Bil.

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**EASTERN BEER\* 27<sup>00</sup>**

12-oz. Cans

6-Pack Carton 81<sup>00</sup> Case of 12 Cans 1.59 Case of 24 Cans 2.99

**DEVILFOOD COOKIES 49<sup>00</sup>**

1-lb. pkg. JOHNSON

**BREEZE\* 30<sup>00</sup>**

Large pkg. BEECH

**MODERN\* 39<sup>00</sup>**

12-oz. pkg. MODERN

**LUX SOAP\* 17<sup>00</sup>**

2 1/2-lb. 23<sup>00</sup> 10-lb. 39<sup>00</sup>

**SWISS CREMES 39<sup>00</sup>**

N.B.C. 1-lb. pkg.

**YANO LIQUID STARCH\* 26<sup>00</sup>**

quart bottle

**JONNY MOPS\* 98<sup>00</sup>**

6-oz. can

**LUX LIQUID\* 69<sup>00</sup>**

12-oz. 37<sup>00</sup> 11-oz. 69<sup>00</sup>

**OREO CREMES 39<sup>00</sup>**

N.B.C. 11-oz. pkg.

**SURF\* 72<sup>00</sup>**

large pkg. 30<sup>00</sup> 6-oz. can 72<sup>00</sup>

**WASHING MIRACLE 30<sup>00</sup>**

1-lb. pkg. 72<sup>00</sup>

**NEW FORMULA CHEER\* 30<sup>00</sup>**

1-lb. pkg. 72<sup>00</sup>

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A&P'S HEARTY AND VIGOROUS OUR OWN TEA	1-lb. pkg.	109 <sup>00</sup>
A&P BRAND PINEAPPLE JUICE	Qt. 14-oz. can	21 <sup>00</sup>
WISCONSIN AGED CHEDDAR CHEESE	per lb.	59 <sup>00</sup>
DROMEDARY CAKE MIXES	1-lb. 3-oz. pkg.	27 <sup>00</sup>
COUNTRYSIDE-LARGE FRESH EGGS	GRADE "AA" doz.	49 <sup>00</sup>
N. B. C. SHREDDED WHEAT	12-oz. pkg.	17 <sup>00</sup>

**LINDSAY CHOPPED RIPE OLIVES 19<sup>00</sup>**

2 1/2-oz. cans

**FOR FLAKY PIE CRUST CRISCO 30<sup>00</sup>**

1-lb. Can 6-lb. 158<sup>00</sup>

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